CLAIMS

What is claimed is:

5   1.   A hand held apparatus for use during pregnancy labor comprising: an enclosure case of essentially rectangular shape providing a lower portion having a width enabled for enclosing within the palm of one hand; and an upper portion of greater width than the lower portion; a pair of opposing shoulders transitioning between the lower and upper portions; the case further comprising a front and a back panels, said panels in convergent

10   juxtaposition between a top and bottom surfaces; the front panel providing a display device, actuation buttons and a sound port.

2.   A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a

15   selection means; selecting an initiation time for each of a plurality of labor contractions at the onset thereof; displaying elapsed contraction time during each of the contractions on the visible display; selecting a termination time for each of the labor contractions at the diminution thereof; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing

20   each of the time intervals and time durations in the memory device; and displaying the time durations and intervals, in sequence, including visual indication distinguishing between time duration display and time interval display.

3.   The method of claim 2 comprising the further steps of: storing a plurality of childbirth

25   labor practice instruction sets in the memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the visible display device; selecting one of the practice sets; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals

in sequence on the visible display; and indicating, audibly, the beginning and end of each practice contraction, in accordance with, and during display of the selected instruction set.

5   4. The method of claim 3 comprising the further steps of: selecting from a plurality of displayed values from the memory device, at least one alert parameter, from labor contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" function; storing the selected at least one alert labor contraction parameter in the memory device; upon actual

10   labor, selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one

15   of the, alert parameters and the calculated contraction time durations and intervals.

5. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; selecting an initiation time for each of a plurality of labor contractions

20   at the onset thereof; displaying elapsed contraction time during each of the contractions on the visible display; selecting a termination time for each of the labor contractions at the diminution thereof; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the time intervals and time durations in the memory device; and displaying the

25   time durations and intervals in sequence, including visual indication distinguishing between time duration display and time interval display; and further comprising; selecting from a plurality of displayed values at least ome alert parameter from labor contraction duration, labor contraction interval. labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or' functions, each labeled for

identification on the visual display, storing the selected alert contraction parameters in the memory device; selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one of the selected alert parameters and the calculated contraction time durations and intervals and the quantities therof for each.

10   6. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; storing a plurality of childbirth labor practice instruction sets in the memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the

15   visible display device; selecting one of the practice sets when displayed; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals in sequence on the visible display; and indicating, audibly, the beginning and end of each practice contraction and selected times during each contraction in accordance with, and during

20   display of the selected instruction set.

7. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; selecting from a plurality of displayed values, at least one alert

25   parameter from labor contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and the "and" and "or" functions, each labeled for identification on the visual display, storing the selected alert labor contraction parameters in the memory device; selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a

time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction duration times and each of the interval times in the memory device; and enabling an alert action when a

5 match occurs between at least one of the selected alert parameters and the calculated contraction time durations and intervals.

8. A method of timing childbirth labor contractions comprising the steps of: providing a timing device with a visible display, a calculating means, a memory device and a selection means; storing a plurality of childbirth labor practice instruction sets in the

10 memory device, the instruction sets including: early labor, active labor, transition labor, and pushing labor; displaying an indication of each of the practice sets in turn on the visible display device; selecting one of the practice sets when displayed; calculating a plurality of contraction durations and contraction intervals using a random number generator; displaying the plurality of contraction durations and intervals in sequence on

15 the visible display; and indicating audibly, the beginning and end of each practice contraction and selected times during each contraction, in accordance with, and during display of the selected instruction set; and further comprising, selecting from a plurality of displayed values of at least one alert parameter, contraction duration, labor contraction interval, labor contraction duration quantities, labor contraction interval quantities, and

20 the "and" and "or' functions, each labeled for identification on the visual display: storing the selected alert contraction parameters in the memory device; selecting an initiation time and a termination time for each of a plurality of sequential labor contractions; calculating a time interval between each adjacent pair of the contractions; calculating a contraction time duration for each of the contractions; storing each of the contraction

25 duration times and each of the interval times in the memory device; and enabling an alert action when a match occurs between at least one of the selected alert parameters and the calculated contraction time durations and intervals.